



CAPACITAR's
Vision is
Healing
Ourselves
Healing
Our World.

CAPACITAR
means to
empower, to
encourage, to
bring each other
to life. We are
an international
network of
empowerment
and solidarity.

Capacitar teaches
simple practices of
healing, team-
building and self-
development to
awaken people to
their own source
of strength and
wisdom so they
can reach out to
heal injustice,
work for peace
and transform
themselves, their
families and
communities.

Using a
popular education
approach,
Capacitar works
with grassroots
people in
26 countries.

Empowerment in the Eye of the Hurricane — Patricia Mathes Cane, Ph.D. Founder/Co-Director

When Hurricane Katrina recently hit the Gulf Coast, Capacitar received many calls and emails asking what we planned to do. Capacitar is very committed to accompanying the people there, but our response was: "What will YOU do?" Since our founding in the 1980s during the wars in Central America, Capacitar's outreach has been one of empowerment, grounded in the spirit of popular education. We teach people how to fish, rather than only giving them the fish!

As an immediate response to Katrina, Capacitar offered a virtual tool kit of simple practices that people can use with themselves or others in times of trauma. We also encouraged the Capacitar network to reach out to people from disaster areas to empower their healing process. To date our "Emergency Response Kit" has been emailed and used by many thousands of people in the U.S. as well as around the world. (Available at: http://www.capacitar.org/whats_new.html) A French translation of the kit was recently sent back to us from Rwanda where the practices are being used with communities there. And a Spanish translation was made in Guatemala for use with people affected by Hurricane Stan. We continue to receive thanks from many places saying how helpful these simple skills are for all ages and cultures.

As climate change, violence and natural disasters escalate around the world, we are challenged to learn how to live in the eye of the hurricane grounded in deep wisdom and compassion. Cultural historian Thomas Berry, in his book The Great Work, says that we are moving through an arduous global transition "from a period of human devastation of the earth to

a period when humans would be present to the planet in a mutually beneficial way." In their excellent book Presence, visionaries P. Senge, J. Jaworski, C. Scharmer and B. Flowers study this process of deep change and transformation in people, organizations and society. Reflecting on a requiem scenario for our planet, they explore the nature of the shift in consciousness so needed to awaken our compassionate wisdom and to "crystalize" our intention and commitment to be instruments, letting something larger than ourselves emerge, wherever and whenever we act.

In simple yet profound ways many of the people with whom Capacitar works are exemplars of compassionate presence and discerning wisdom in the midst of the chaos of life. AIDS Caregivers in Swaziland and Botswana are transforming what it means to live in wellness as they accompany the dying. In both countries the HIV rate of infection is nearly 40% of the population. Counselors in Cape Town help families heal the violence of their townships, where children duck bullets on their way to school. Trauma workers in Belfast and Newry, Northern Ireland use the Capacitar skills in family centers, schools, and victims groups. And staffs in Santa Barbara County, CA are applying Capacitar methods in alcohol, drug and mental health programs with communities at risk. We are reminded of the words of Margaret Mead: "Never doubt that a small group of committed citizens can change the world. Indeed, it's the only thing that ever has." As we celebrate this season of light transforming the darkness, may each of us offer our unique gift to enlighten and transform the present darkness.



South African grassroots leaders from Eastern and Western Capes working to heal AIDS, violence and trauma in their country October, 2005

CAPACITAR in Action

UNITED STATES PROGRAMS

• SANTA BARBARA, CALIFORNIA—La Casa de Maria

Dates are scheduled in 2006-2007 for two more trainings in Multicultural Wellness at La Casa de Maria which was founded by the Immaculate Heart Community 50 years ago. Reflecting Capacitar's mission, the IHM Community is committed to cultivating spiritual growth, promoting the common good of communities, nurturing a culture of peace and social justice, and working for the renewal of the earth. Responding to this vision, training participants are encouraged to multiply Capacitar within local communities and with groups at risk.

• SANTA BARBARA, CALIFORNIA—County Mental Health Services

Santa Barbara County Alcohol, Drug and Mental Health Services which works with over 10,000 persons in three counties, has contracted with Capacitar International for a 2006 year-long training in Multicultural Wellness for their staffs and clients. As a result of August workshops, staffs are already using Capacitar as part of the culture of their organization. This collaboration grows out of the ADMHS commitment to promoting wellness and recovery for staff, clients and families.

• MORGAN HILL, CA—Presentation Learning & Loving Center

Forty women who study English as a second language and learn computer skills at The Learning and Loving Center in Gilroy attended Capacitar Healing Ourselves, Healing Our World workshops on October 14. The women shared the stress they feel as they work to improve their language and job skills and care for their families. They especially appreciated the finger holds practice to help them manage their worry, fear and anger, and saw how they could use it within their families. We thank Sr. Pat Davis and the Sisters of the Presentation for the opportunity to give this workshop.

• ORANGE, CALIFORNIA—Trauma Healing Training

A year-long training for women preparing to work with trafficked women concluded in October at the Center of the Sisters of St. Joseph of Orange. The training offered personal enrichment as well as preparation focusing on trauma healing and transformation.

• SAN FRANCISCO, CALIFORNIA—St. Boniface Center

Ten women who work with people traumatized by rape, poverty, and homelessness are participating in an accelerated Trauma Healing and Transformation program held at St. Boniface Neighborhood Center in San Francisco. This is a three-weekend course ending in December. Facilitated by Mary Litell, OSF, and Joan Condon with assistance from Shelly Roder, executive director of St. Boniface Center, the women will share what they have learned with people in San Francisco, Kenya, and Indonesia, empowering them to take on their own healing.

• CINCINNATI, OHIO—Capacitar for Kids

Capacitar for Kids program director and parish nurse Mary Duennes, continues to work with teacher training and classroom support in Cincinnati schools in areas of risk. Funded by Catholic Health Initiatives and supported by Good Samaritan Hospital Foundation, children and families learn wellness skills for use at home and in the classroom to improve learning and health.

• MILWAUKEE, WISCONSIN—Center to BE

The Center to BE, coordinated by Director Marjorie Wilbur in Wisconsin, will graduate the fifth group in Multicultural Wellness Education. Participants have multiplied Capacitar practices in many communities in the U.S. as well as in Canada and Mexico. Several participants from Southern States have been working with persons affected by the recent hurricanes and disasters. Sr. Antoinette Gasibirege from Kigali will take Capacitar to Rwanda in 2006. John Smith and Joan Silcox-Smith have been multiplying Capacitar in hospitals and with groups of ministers in Toronto, Canada.

• NEW YORK—Yonkers and East Harlem

Workshops for Hispanic women and families will be offered in April 2006 in Yonkers and East Harlem under the auspices of the Dominican Sisters of Hope and the Sisters of Charity of New York. Joan Condon will offer these trainings in Spanish for families dealing with violence, stress and trauma, as well as issues related to unemployment, and domestic violence.

Southern African Bishops Conference (SACBC) AIDS training for caregivers and leaders from many parts of Swaziland, where the HIV rate is highest in the world,



INTERNATIONAL PROGRAMS

• TANZANIA—Pat Gallogly, MM

"Empower Students Instead of Beating Them" ran a newspaper article on Capacitar for Teachers in Mwanza. Costansia Mbogoma and I conducted a one-week workshop for 20 teachers from 10 schools. The Ministry of Education is interested in introducing Capacitar into primary schools, and enthusiastic teachers all want to continue their training. Costansia will monitor the program with regular visits to the schools to see how it is being introduced into the curriculum, and after evaluating the progress we will offer the training to teachers in the higher grades. Besides schools, interest in Capacitar is also coming from other quarters. Groups working with HIV/AIDS, counselors and prison personnel are asking for introductory workshops and further training. Requests have come from the Association of Sisters of Kenya and Religious in Uganda. In October Costansia was invited by Sr. Genevieve, MMM, to do a workshop in Butare, Rwanda with personnel ministering to those in need of trauma healing. Thanks to Jeri Stokes' expertise in filming, we now have an excellent video on Capacitar and its practices which will be a beneficial educational tool for groups throughout the country.

• SWAZILAND

Seventy-nine Swazis came from all parts of the country to participant in a recent workshop sponsored by the Southern African Bishops Conference (SACBC) AIDS Office. Gloria Musi, coordinator of Caritas parish nurses and AIDS outreach, and Dorcus Nxumale, nurse/trainer for the Public Health Department, have formed a Capacitar-Swaziland committee to convene regular gatherings to support the caregivers. The Capacitar AIDS Manual will also be translated into Swati. Swaziland ranks highest in the world for HIV infection (37.8 % of the population of 1 million). According to one projection the average age in Swaziland within ten years will be 15.

• BOTSWANA

An in-depth AIDS-Trauma Healing training funded by the Sisters of Charity of Nazareth, KY, will be held in Francistown and Gaborone in 2006, coordinated by Mmallori Tladi, Sr. Angela Kebakile, Francoise Horenburg and Sr. Pat Huit, SCN. The Capacitar AIDS Manual is currently being translated into Setswana for local communities. With a population of 1.7 million, Botswana has the second highest rate of HIV infection in the world (37 %). However, antiretroviral drugs (ARVs) are now available for everyone resulting in a drop in the suicide rate among youth and improved quality of life for those infected. Besides the stress of caregiving, AIDS workers are also traumatized by so many people dying and by the stigma still attached to having AIDS.

• SOUTH AFRICA

The Capacitar-South Africa steering committee, coordinated by Felicity Gibbs, includes representatives from Johannesburg, Capetown, Port Elizabeth, Durban and Pietermaritzburg. A constitution has been written and nonprofit status is pending.

• EL SALVADOR

In October, Hurricane Stan pelted El Salvador, as well as Guatemala and Southern Mexico, resulting in mudslides and floods in El Salvador that displaced approximately 50,000 people. A volcano also erupted twice forcing another 17,000 to flee. The Capacitar team responded teaching simple tools to empower people who had lost their homes. Some people displaced by the mudslides had still been living in temporary housing after losing homes in the 2001 earthquakes. The team also has ongoing programs for youth and adults in rural communities and for maquila (assembly plant) workers. The team welcomed a new life: Maty's son Ariel born in April.

• IRELAND, NORTHERN IRELAND & ENGLAND

Toni Ryan has been joined by Sr. Kathleen Day in coordinating Capacitar Ireland. Trainings and workshops are scheduled into 2008 in Dublin, Belfast and other parts of the country. In October Toni accompanied Capacitar founder Pat Cane to South Africa to initiate mutual support and interchange between groups in Ireland and Africa. England is also opening its doors to Capacitar. Workshops in London and Gatwick (Oct. 2006) and a Multicultural Wellness training (2007-2008) will be coordinated by Margaret Wilson, RSCJ.



Top Photo: Capacitar Directors, Board and staff receiving the Agape Foundation Peace Award—L to R: Carol Bialock, RSCJ, Mary Litell, OSF, Joan Condon, Pat Cane, Valerie Bengal, MD, Sheila Novak, SDS.

Middle Photo: Participants of Belfast training working to heal their communities

Right: Capacitar-Ireland coordinator Toni Ryan sharing a moment of self-care and healing with an AIDS caregiver from Port Elizabeth, South Africa



CAPACITAR Self-Care Corner

The SORE SPOT for Anxiety, Panic and Overwhelm

With the fingers of your left hand locate a Sore Spot in the left side of your chest, 2-3 inches below the collarbone and about 2 inches to the left of the sternum. Press, tap or massage this Sore Spot for several minutes. With your eyes closed, breathe deeply, imagining that your anxiety and strong feelings can flow through you and out of you into the earth. Breathe in peace, imagining healing energy circulating through your body bringing healing to your being. Rest in peace and calm in your center.

CAPACITAR Staff, Board and Advisors

Founder/Co-Director

Patricia Mathes Cane, Ph.D.

Co-Director/Program Director

Joan Rebmann Condon, M.A.

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Carolyn Brink, RSM

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Guatemala

Laura Morales Chitic

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Pat Gallogly, MM

Botswana

Francoise Horenburg

Pat Huitt, SCN

Swaziland

Gloria Musi

Dorca Nxumale

East Timor

María Días

Eileen Brady, MM

Indonesia

Nina Jusuf

Sri Lanka

Damian Soosaipillai, OMI

Ireland-Dublin/Belfast

Toni Ryan

England

Margaret Wilson, RSCJ

Canada

John Smith

Joan Silcox-Smith

Gifts Made In Honor of

Dr. Merindy Zoschke & Dr. Jason Morgenson for their work in Osaca and Salinas with indiginous people

Dr. Brunel Bredy & Ms. Clarissa Quintanilla for their marriage and work in Soledad Medical Group

Martha Rebmann • Pat Cane and Joan Condon

Gifts Made In Memory of

Thelma Byers • Evelyn Squeri • Samantha Graff • Stephen Still

Rev. Patrick P. McCarthy • Sabina Graham Baumbach

REMEMBER CAPACITAR IN YOUR ESTATE PLAN

Bequests made through your will may be for a specific percentage or sum of an estate.

Gifts of Life insurance - Transfer ownership of a life insurance policy to CAPACITAR.

The legal name is CAPACITAR International, Inc., Santa Cruz, CA.

Gift Capacitar With

Stocks - Shares may be sent to Prudential Financial, 26135 Carmel Rancho Blvd.

Carmel CA 93923 (831)625-6890. Capacitar's account number is OWW-961815.

FREQUENT FLYER MILES

Support our outreach to areas of conflict and violence: We need airline tickets to:

Indonesia, East Timor, Southern or Eastern Africa, Asia Pacific (60,000-70,000miles)

Central America, South America (35,000-50,000 miles).

If you can help us with miles for tickets, call the Capacitar office at 831-471-9215.

CAPACITAR Calendar—2005-2006

2005

- December 2-4 Training 4, Center to BE, Milwaukee, WI
- December 3-4 St. Boniface Trauma Training, San Francisco, CA
- December 10 Presentation Center Winter Retreat Day, Los Gatos, CA
- December 12 Capacitar Board Meeting
- December 15-17 Advent Dance Retreat-Capacitar-Cantera, Nicaragua
- December 14-16 Santa Barbara County Alcohol, Drug Mental Health Services workshops
- December 16-18 Training 1, La Casa de Maria, Santa Barbara, CA

2006

- January 26-27 Workshops in Belfast, Newry, Northern Ireland
- January 28-29 Training 3, Belfast, Northern Ireland
- February 2-3 Training 4, Dublin, Kerith Centre, Ireland
- February 4-5 Training of Trainers 1 Dublin, Ireland
- February 7 Workshop in Cork, Ireland
- February Team Training in Suchitoto, El Salvador
- February 11-12, 13-15 AIDS Training 1, Francistown & Gaborone, Botswana
- February 17-19 Training 4, Johannesburg, South Africa
- February 20-21 Workshops for So. African Police Mental Health & AIDS, Rustenburg
- February 24-26 Training 4, Capetown, South Africa
- February 27 Capetown Newlands-Rotary Presentation
- March 10-11 Capacitar for Kids Teacher Training, Cincinnati, OH
- March 22-24 Santa Barbara Co. Alcohol, Drug Mental Health Services Training 1
- Spring 2006 Trainings in Indonesia and East Timor
- April 1 Caring for Self as We Care for Others, Presentation, San Francisco, CA
- April 3-4, 5-6 Workshops Yonkers and East Harlem, New York
- April 7-8 Workshop for Cancer Groups, El Paso, Texas
- April 19-21 Santa Barbara Co. Alcohol, Drug Mental Health Services Training 2
- April 21-23 Training 2, La Casa de Maria, Santa Barbara, CA
- April 28-30 Training 1, Center to BE, Milwaukee, WI
- May 5-7 Training of Trainers 1 Northern Ireland
- May 13-14 Training 4, Belfast, Northern Ireland
- May 17 Workshop, Galway, Ireland
- May 20-21 Training of Trainers 2, Dublin, Ireland
- May 25-26, 27-29 AIDS Training 2, Gaborone & Francistown, Botswana
- May 29-31 South Africa National Team Training, South Africa
- June 1-30 Trauma Healing workshops in Rwanda
- July Cantera-Capacitar Spirituality & Leadership Conference, Managua, Nicaragua
- July 14-16 Training 2, Center to BE, Milwaukee, WI
- July 21-23 Cosmology of Health, Sophia Center Summer Institute, Oakland, CA
- July 26-28 Santa Barbara Co. Alcohol, Drug Mental Health Services Training 3
- July 28-30 Training 3, La Casa de Maria, Santa Barbara, CA
- August 24-25 Workshops in Nogales, Mexico
- August 28-Sept 5 Workshops in Guatemala
- October 6-7 Workshops in London and Gatwick, England

2006-2007 Trainings—Multicultural Wellness Education

• Wisconsin

2006 Training: Apr 28-30 July 14-16 Sept 15-17 Dec 1-3 CEUs—Marian College

2007 Training: Mar 2-4 June 1-3 Sept 7-9 Nov 30, Dec 1-2 CEUs—Marian College

Center to BE, Milwaukee, Marjorie Wilbur (414)672-5932 Mwctobe@execpc.com

• **Santa Barbara, CA** La Casa de Maria, Juliet Spohn Twomey 805-969-5031 juliet@lcmdm.org

Training Cycle 2—2005 Dec 14-16 2006: Apr 21-23 July 28-30 Oct 27-29 CEUs

Training Cycle 3—2006 Oct 27-29 2007: Jan 12-14 Mar 16-18 June 8-10 CEUs

• **Dublin & Belfast, Ireland** Toni Ryan toniryan@eircom.net

Training of Trainers, Dublin: 2006: Feb 4-5 May 20-21 Sept 23-24 2007: Feb 3-4

Training of Trainers, Belfast 2006: May 6-7 Sept 30, Oct 1 2007: Jan 27-28 May 12-13

• **London England** Margaret Wilson RSCJ, margaretwilsonrscj@hotmail.com

Training 2007: Jan 19-21 May 18-20 Sept 21-23 2008: Feb 8-10

• **Lima, Peru Training** ProVida, Estrella Mendoza cmaprovida@yahoo.es

2006 Oct 13-15 2007: Feb 9-11 May 25-27 Oct 26-28